

Reception/Patient Care Advisor

- Appointments
- Registration Paperwork
- Change of Address / Contact Details
- Repeat Prescriptions
- Register for online services

Online Services

- Book Appointments
- Order repeat prescriptions

Practice Nurse

- Long Term Condition Reviews - Asthma, COPD, Diabetes, Hypertension, Coronary Heart Disease
- Immunisations
- Travel Clinic
- Contraception Queries
- Cervical Smears
- Dressings
- Ear Syringing

Healthcare Assistant

- B12 injections and Flu immunisations
- Blood Tests requested by GP
- Blood Pressure
- Some dressings & stitch removal
- New patient health checks

Pharmacy

- Advice on Medication
- Minor Ailments
- Eye, Skin or Urine Infections
- Emergency Contraception
- CONTACT YOUR LOCAL CHEMIST

Physiotherapy

- Muscle, back or joint pain?
- Self refer to 0800 917 9390
- www.nhsinfom.scot/msk

Optician

Lanarkshire Eye Network Scheme (LENS)

- Red or Pink Eye/ Eye Infection/ Visual Loss /Painful Eye/Dry Eyes
- Phone to request an urgent LENS appointment at:
 - Martin Yuill Lanark 01555 661695
 - Specsavers Lanark 01555 661166
 - Hughes & McHugh, Lanark 01555 665848
 - Mackie's, Lesmahagow 01555 893929

Lady Home Hospital

- Minor injuries
- Dressings
- Injections
- Tel 01555 851210

Midwife

- For urgent queries contact EPAS on 01698 366217 or Maternity Triage on 01698 366210
- For routine queries contact 01555 667155

Health Visitors

- Health/Growth development
- Pre-school immunisations
- Infant Feeding or Weaning
- Potty Training
- Behavioural Concerns
- PHONE 01555 895663 or 895985

Sexual Health Clinic

- Contraceptive Pill/IUCD/Implants/Injections
- Sexual Health and Wellbeing Advice
- Sexually Transmitted Infection
- SELF REFERRAL: 0300 30 30 251
- www.lanarkshiresexualhealth.org

Alcohol and Drug Support

- Addaction self refer on 0800 599 9774
- Community Addiction Recovery Service (CAREs) complete a self referral form available from reception

Podiatry

- Ingrowing Toenails/ Structural or mechanical feet problems/ Infected or painful foot lesions
- Complete self referral form available from reception

Dentist

- Dental trauma
- Abscess or swelling in the mouth and face
- Bleeding from the mouth or gums
- Contact your dentist
- for dental emergencies if you are not registered with a dentist, call 0300 3030 243 or out of hours on 111

Audiology

- Hearing health including assessment, diagnosis and hearing aid fittings
- 01698 456 556

Healthy Valleys

- Community Cafes
- Health & Wellbeing Courses
- Walking Groups
- Stop smoking support
- Older peoples Social Groups & tea dances
- Yoga and mindfulness sessions
- Parent and child activities
- Phone 01555 662496

Health Improvement

- Stop Smoking Service 0300 303042 or text 'Advice' to 81066
- Weight Control - 'Weigh To Go' service at Lanark Lifestyles 01555 666800

GP & ANP appointments

- Routine GP appointments are available on Monday - Friday between 09:00 am and 5:00 pm
- Extended hours appointments are available from 07:30am and after 5:30pm
- On the day appointments are available for urgent medical conditions